

NETWORKING FOR CHANGE: RECOVERY HOUSING ENHANCING STUDENT SUCCESS

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Learning Outcomes



- Participants will gain an understanding of what recovery housing is on a college campus.
- Participants will gain knowledge of components that will increase or decrease success of recovery housing program.
- Participants will gain insights into beginning a supportive recovery housing community, not just substance-free housing.
- Participants will become familiar with student development theory supporting the work of recovery housing.



“There exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. Our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. The tremendous fact for everyone of us is that we have discovered a common solution.”

Alcoholics Anonymous, page 17

Recovery Housing for the Recovering Student

- The recovery-housing component of the StepUP Program provides a sober and supportive environment.
- On campus housing creates a space that is conducive to maintaining and continuing the recovery journey.
- Students residing in recovery housing at Augsburg College adhere to the StepUP Program contract which focuses on standards of sober living in addition to College and residential policies.

Recovery Housing for the Recovering Student

- Students who reside on campus are more engaged in their learning, leading to higher grade point averages.
- The residence hall structure provides access to leadership development opportunities (resident advisor, community advisor, student programming coordinator, etc.).
- On campus activities engage the student in the community thus contributing to the greater success of the community.

Building a Residential Community



- The StepUP Resident Advisor position works with the StepUP Program and the Department of Residence Life to connect the recovering students' communities.
- The residence hall director is a live in professional, Augsburg College employee who oversees the daily operations of the residence hall, supervises Resident Advisors and establishes community with the goal of student development.

Building a Residential Community



- The physical design of the residential community facilitates first year and returning student needs through flats and apartments.
- All first year students are required to be part of the campus dining/meal plan.

Supporting a Residential Community



- The StepUP Program Leadership Team provides a forum for StepUP leadership positions including Resident Advisors, Governing Board Facilitators, Review Board Facilitators and the Trusted Servant.
- The StepUP Program Governing Board provides recommendations for continued growth of the program.
- The Review Board is a board of peers who enforce the contract and recommend educational sanctions that reinforce healthy community standards and healthy recovery.

Campus Housing Including Recovery



- Recovery housing is significantly different than substance free housing.
- 1:12 Resident Advisor to resident in recovery housing due to increased needs and support for student success.
- Campus housing is not a half-way house or sober house but is on the continuum of care for a successful college student in recovery.

Campus Housing Including Recovery



- Students are held to college standards for behavior in addition to the standards set forth by the StepUP Program for a successful recovery community.
- Recovery housing is NOT a punishment for students who have multiple offenses – recovery housing is for students who are pursuing an academic degree and are living with an addiction.

Focused Outreach

- There is a concentrated effort to provide outreach and education to residential students in the form of programs.
 - Women
 - Men
 - Lesbian, Gay and Bisexuals
 - Transgendered
 - Historically Underrepresented Communities
- Wellness efforts through programming reflect the diverse needs of the community.
 - Eating Issues
 - Self Injurious Behaviors
 - Depression & Anxiety

Conceptual Recovery Housing



- Design your own residential recovery housing:
 - Design should include physical structure, staffing plan, policies, audience, etc.
 - You have an infinite budget.
 - Provide rationale for structure, staffing plan, and any additional resources in presentation of final design.

Next Steps



- Collaborating resources to provide successful outreach to the students.
- Continued examination of the size of the recovering population in reflection of the resources available for the population.
- Assessing the impact of separating first year residents in recovery from returning residents in recovery.

Questions

